



Activity Calendar ~ August 2018

SeaTac Senior Program • 206.973.4690




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Reminder: Due to floor refinishing, the banquet room and gym will be closed July 22 through August 3. There will be no lunch or gym activities during this time.			1 10:00 Wood Carving 12:30 Pinochle 12:30 Movie	2 9:00 Mah Jongg 1:00 Legal Advice by Apt	3 9:00 Footcare by appt. 9:00 Cribbage 9:00 Wii Bowling/Golf	4
5	6 8:45 Senior Walking 10:00 Rummikub	7 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta	8 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 Western BBQ Lunch 12:30 Pinochle/Movie 5:00 Bunko	9 9:00 Mah Jongg 11:45 Lunch	10 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch 12:00 Indoor Flyer	11
12	13 8:30 Red Wind Casino 8:45 Senior Walking	14 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta	15 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 Birthday Lunch 12:30 Pinochle 12:30 Movie	16 9:00 Mah Jongg 11:45 Lunch 1:00 Alzheimer's Meeting	17 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch 12:00 Indoor Flyer	18
19	20 8:45 Senior Walking	21 9:00 Senior Advisory 9:00 Senior Massage 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta	22 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 Lunch 12:30 Pinochle 12:30 Movie	23 9:00 Mah Jongg 11:45 Lunch 1:00 SHIBA by Appt.	24 8:45 Senior Walking 9:00 Cribbage 9:00 Wii Bowling/Golf 10:00 Garlic Fest 11:45 Lunch 12:00 Indoor Flyer	25
26	27 8:45 Senior Walking 9:00 Evergreen State Fair	28 10:00 Coffee & Cards 11:45 Lunch 12:30 Canasta	29 8:45 Senior Walking 10:00 Wood Carving 10:30 Hanky Panky's 11:45 Lunch 12:30 Pinochle 12:30 Movie	30 9:00 Mah Jongg 11:45 Lunch	31 9:00 Footcare by appt. 9:00 Cribbage 9:00 Wii Bowling/Golf 11:45 Lunch	



Menu ~ August 2018

Senior Nutrition Program • 206.973.4690



Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • The suggested donation for lunch is \$4 for individuals 60 or older. • On Tuesdays, Thursdays and Fridays, salad is available starting at 11:15 a.m. • To accommodate dietary needs, an alternate meal may be available. If you need an alternate, please advise the kitchen by 10:30 a.m. • Please bus your own dishes. 	The Gym and Banquet Room will be closed for the floor re-finishing project until Sunday, August 5. Senior Program will still be open for drop in activities Monday-Friday 8:30-4 PM.			
6	7	8	9	10
	Taco Salad Banana Chocolate Pudding Apple Juice Ice Cream	Western Day BBQ Beef Sandwich Baked Potato Peas & Carrots Pears Western Dessert	Dill Fish Pasta Salad Sugar Cookie Mandarin Orange	Pork Chop Mashed Potatoes & Gravy Spinach Roll Mandarin Oranges
13	14	15	16	17
	Chinese Pepper Steak Brown Rice Stir Fried Vegetables Fortune Cookie Kiwi Ice Cream	Salmon Filet Green Salad Wild Rice Broccoli Wheat Roll & Peaches Birthday Lunch	Pineapple Chicken Brown Rice Peas Pineapple Chunks Roll Fortune Cookie	Fish & Chips Steak Fries Coleslaw Banana & Jello Cup
20	21	22	23	24
	Smoked Turkey Wrap Mediterranean Pasta Salad Mixed Berries Ice Cream	Kielbasa Roasted Red Potatoes Steamed Cabbage Roll Tropical Fruit	BBQ Chicken Macaroni Salad Baby Carrots Roll Apple Slices	Orange Glazed Fish Rice Pilaf Asparagus Dinner Roll Oranges
27	28	29	30	31
	Vegetable Soup Ham Croissant Apple Ice Cream	Sweet & Sour Meatballs Rice Broccoli Pineapple Chunks Jello Cup	Chicken Burger Potato Salad Carrots, Celery & Zucchini Melon	Swiss Steak Mashed Potatoes & Gravy Tomatoes & Zucchini Roll & Carrot Cake